

What is claimed is:

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1. A belt for holding and supporting items for a user comprising:  
an outer belt surface;  
an inner belt surface opposite said outer belt surface; and  
a first portion of a selectively releasable closure element traversing said outer belt surface and engaging said inner belt surface.
2. The belt according to claim 1 wherein said first portion of said selectively releasable closure element has a male end extending distally from said user.
3. The belt according to claim 2 wherein said male end receives a second portion of said selectively releasable closure element to form said selectively releasable closure element.
4. The belt according to claim 3 wherein said selectively releasable closure element is a three-way locking fastener.
5. The belt according to claim 4 wherein said male end interlocks with a female end of said second portion.
6. The belt according to claim 5 wherein said second portion of said selectively

releasable closure element is affixed to a container.

7. The belt according to claim 6 wherein said container stores items including, but not limited to personal digital assistants, notebook computers, wireless telephones, wireless pagers, portable music players, software, paper products, writing utensils, change purses, wallets, eyewear, protective devices, and keys.

8. The belt according to claim 1 wherein said first portion of said selectively releasable closure element has a female end extending distally from said user.

9. The belt according to claim 8 wherein said female end receives a second portion of said selectively releasable closure element to form said selectively releasable closure element.

10. The belt according to claim 9 wherein said selectively releasable closure element is a three-way locking fastener.

11. The belt according to claim 10 wherein said female end interlocks with a male end of said second portion.

12. The belt according to claim 11 wherein said second portion of said selectively releasable closure element is affixed to a container.

13. The belt according to claim 12 wherein said container stores items including personal digital assistants, notebook computers, wireless telephones, wireless pagers, portable music players, software, paper products, writing utensils, change purses, wallets, eyewear, protective devices, and keys.
14. The belt according to claims 7 or 13 wherein said container further includes a closure.
15. The belt according to claim 14 wherein said closure comprises a flap cover or a zipper.
16. The belt according to claim 15 wherein said flap cover releasably engages said container.
17. The belt according to claim 16 wherein said container is in a selectively releasable attachment to said belt.
18. The belt according to claim 17 wherein said container is selectively released from said belt while said belt is worn by said user.
19. The belt according to claim 17 wherein said container is selectively attached to

said belt while said belt is worn by said user.

20. The belt according to claim 17 wherein said selectively releasable attachment resists inadvertent release by said user of said container from said belt.

21. The belt according to claim 20 wherein said container further includes an access slot.

22. The belt according to claim 21 wherein said access slot provides access to said items.

23. A method for selectively releasably attaching a container to a belt, said method comprising the steps of:

providing a first portion of a three-way fastener to a belt;

providing a second portion of a three-way fastener to a container; and

engaging said first portion and said second portion in an interlocking arrangement to selectively releasably attach said container to said belt.

24. The method according to claim 23, said method further comprising the step of disengaging said interlocking arrangement to selectively releasably detach said container from said belt.

25. The method according to claim 24 wherein said container is selectively released from said belt while said belt is worn by said user.

26. The method according to claim 24 wherein said container is selectively attached to said belt while said belt is worn by said user.

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